



The 15-Minute Prayer Solution: How One Percent of Your Day Can Transform Your Life

By Gary Jansen



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What might happen if you gave just ONE PERCENT of your day to God?

I don't have time to pray. I don't know how to pray. I don't know what to pray for. Perhaps you identify with one or all of these statements; most people do. But with Gary Jansen's *The 15-Minute Prayer Solution*, anyone can learn to turn those "I don't" statements into "I do" declarations— and be transformed in the process.

Drawing on spiritual practices from the Christian tradition throughout the centuries, Jansen offers numerous and wide-ranging prayer exercises that can be completed in less than fifteen minutes. The Jesus Prayer, lectio divina, the Examen, imaginative prayer, and many more ways to joyfully encounter the Living God are explained. Deeply personal stories, thought provoking modern-day parables, and even humorous anecdotes bring spiritual ideas down to earth, revealing the practical side of prayer.

And, as Jansen himself discovered, if you're willing to take just fifteen minutes a day to pray, you may soon find that the entirety of your *life* has become a prayer, a relentless desire to place God at the center of everything.

Now in paperback: Gary Jansen's bestselling *Exercising Your Soul* retitled, repackaged and revised!

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Editorial Review

Review

"Many people know about God, but few have actually encountered him. In this much-needed book, Gary Jansen helps us take our faith from a dry intellectual exercise to a powerful personal encounter."

– Jennifer Fulwiler, radio host and author of *Something Other than God*

"Think you don't have time to pray? You'll reconsider after reading this gentle but persuasive invitation to a Spirit-led life. In "The Fifteen-Minute Prayer Solution," Gary Jansen blends evocative imagery, intimate personal stories and concrete suggestions to help even weary seekers rediscover the joy of finding God in all things."

– Colleen Carroll Campbell, author of *My Sisters the Saints: A Spiritual Memoir*

"Gary Jansen has done it again! This book is must reading for anyone who wants to understand and experience the miraculous power of prayer. Read it and transform your life from head to soul."

– Anthony DeStefano, author of *Ten Prayers God Always Says Yes To*

"Gary Jansen's The 15-Minute Prayer Solution is a book that fills a real need. This book takes people where they are in the spiritual life—busy, overloaded, and feeling empty—and teaches them how to pray in the midst of a revolving-door world. Jansen takes the best of the tradition and shows people how to make it real today. To understand the full fruit of this very modern and very traditional primer on prayer, this book ought to be discussed with others as well as read alone."

– Joan Chittister, O.S.B., author of *Between the Dark and the Daylight*

"*The 15-Minute Prayer Solution* is a sacred pause amidst our busy everyday lives, drawing us closer to God's illuminating love and warm embrace."

– John Schlimm, award-winning author of *Five Years in Heaven*

"[A] well-done spiritual workbook...enlightening and useful."

– *Publishers Weekly*

"Prayer is not just for the saints, but for you. Gary Jansen's beautiful book is filled with simple, how-to advice on jump-starting your relationship with God. Using insights from the *Spiritual Exercises* of St. Ignatius Loyola, Jansen offers straight-forward advice on how to begin, or deepen, your relationship with the

One who loved us into being."

- James Martin, SJ, author of *Jesus: A Pilgrimage*

"Gary Jansen's powerful book will send you into a spiritual awakening. Start reading *The Fifteen-Minute Prayer Solution* and you will truly desire to love others in a new way. He not only writes a beautiful work, but more importantly, he lives the message."

- Justin Fatica, author of *Hard as Nails* and *Win it All*

"Gary Jansen has accomplished what no other spiritual author before him has: explained the Spiritual Exercises of Ignatius of Loyola in language I understand! He educates, entertains, and inspires with his charming stories and simple prose."

- Therese Borchard, author of *Beyond Blue*

"I love this book. Gary Jansen has an endearing, attention-deficit quality that lets him deliver big lessons not only painlessly, but humorously. He goes deep, and takes us readers deep, without even a whiff of pious unction. For Jansen, a tattooed foot on the subway is the start of a mystical flight. By the end of the story, we know that these everyday distractions should be graces for us as well."

- Mike Aquilina, author of *Angels of God* and Executive Vice-President, St. Paul Center for Biblical Theology

"Whether you are a veteran or a novice in prayer, this jewel of a book holds inspiration for us all."

- Alexander J. Shaia, PhD, author of *The Hidden Power of the Gospels: Four Questions, Four Paths, One Journey*

Gary Jansen offers us a simple and powerful truth: Give God fifteen minutes each day, and you will begin to experience God in every moment. With compassion, wisdom, humility, and practical simplicity, Gary Jansen shows that by making a small space in your life each day for prayer and contemplation, your entire life will become filled with the presence of God. Read *The 15 minute Prayer Solution* and you will learn how to experience a deep and fulfilling relationship with the Divine Beloved.

- Michael A. Singer, *New York Times* bestselling author of *The Untethered Soul* and *The Surrender Experiment*

"Brilliant! Whether you are a beginning or a veteran of the spiritual life I think you will find Gary Jansen's approach immensely practical."

- Matthew Kelly, *New York Times* bestselling author of *The Rhythm of Life*

About the Author

Gary Jansen is senior editor of religion and spirituality at the Crown Publishing Group at Penguin Random House. He is the author of *The Rosary: A Journey to the Beloved* and the bestselling memoir, *Holy Ghosts*. A

popular lecturer and commentator, Jansen has appeared on A&E, the Sundance Channel, the Travel Channel, Coast to Coast AM, CNN.com and NPR. His writing has been featured in the *Huffington Post*, *Religion Dispatches*, and *USA Today*.

Users Review

From reader reviews:

Maria Gardner:

Nowadays reading books become more than want or need but also be a life style. This reading habit give you lot of advantages. The advantages you got of course the knowledge the rest of the information inside the book in which improve your knowledge and information. The data you get based on what kind of reserve you read, if you want attract knowledge just go with knowledge books but if you want feel happy read one together with theme for entertaining for example comic or novel. Typically the *The 15-Minute Prayer Solution: How One Percent of Your Day Can Transform Your Life* is kind of book which is giving the reader erratic experience.

Brenda Evans:

Are you kind of hectic person, only have 10 as well as 15 minute in your morning to upgrading your mind proficiency or thinking skill even analytical thinking? Then you have problem with the book when compared with can satisfy your short space of time to read it because all this time you only find book that need more time to be learn. *The 15-Minute Prayer Solution: How One Percent of Your Day Can Transform Your Life* can be your answer because it can be read by anyone who have those short spare time problems.

Deborah Young:

This *The 15-Minute Prayer Solution: How One Percent of Your Day Can Transform Your Life* is brand new way for you who has attention to look for some information as it relief your hunger of information. Getting deeper you upon it getting knowledge more you know or you who still having small amount of digest in reading this *The 15-Minute Prayer Solution: How One Percent of Your Day Can Transform Your Life* can be the light food in your case because the information inside this kind of book is easy to get by simply anyone. These books acquire itself in the form that is reachable by anyone, that's why I mean in the e-book form. People who think that in e-book form make them feel sleepy even dizzy this guide is the answer. So there is no in reading a book especially this one. You can find what you are looking for. It should be here for a person. So , don't miss this! Just read this e-book kind for your better life in addition to knowledge.

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